

Advancing Perinatal Mental Health in Afghan Communities: A Companion Resource Sheet

[The International Marcé Society for Perinatal Mental Health \(https://marcesociety.com/\)](https://marcesociety.com/)

The mission of the International Marcé Society for Perinatal Mental Health is to sustain an international perinatal mental health community to promote research and high-quality clinical care around the world. The Society advocates for all those whose mental health is impacted during the perinatal period including parents, partners, family members and infants. It brings together those conducting a broad range of research activities ranging from basic science through health services and development of best practice care and prevention. The Society is multidisciplinary and encourages involvement from all disciplines including: psychiatrists, psychologists, pediatricians, obstetricians, midwives, nurses, early childhood specialists.

[Postpartum Support International \(https://www.postpartum.net/\)](https://www.postpartum.net/)

The purpose of PSI is to increase awareness among public and professional communities about the emotional changes that women experience during pregnancy and postpartum. PSI has members all over the world, including volunteer coordinators in every one of the United States and in more than 36 other countries. PSI disseminates information and resources through its volunteer coordinators, website and annual conference. Its goal is to provide current information, resources, education, and to advocate for further research and legislation to support perinatal mental health.

[MotherToBaby \(https://mothertobaby.org/\)](https://mothertobaby.org/)

MotherToBaby specializes in answering questions about the benefit/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. The MotherToBaby network consists of 11 affiliates housed at acclaimed universities and hospitals across the United States and Canada. These affiliates provide the MotherToBaby service to people living in all 50 U.S. states, the U.S. territories, and the province of Quebec in Canada.

[MGH Center for Women's Mental Health \(https://womensmentalhealth.org/\)](https://womensmentalhealth.org/)

The mission of The Center for Women's Mental Health is to provide state-of-the-art evaluation and ongoing care for women who suffer from a spectrum of psychiatric disorders and to improve the lives of patients and their families. The Reproductive Psychiatry Information Resource Center was developed as a way of providing critical up-to-date information for patients in the rapidly changing field of women's mental health. This internet-based resource was designed to provide scientifically sound and clinically useful information to caregivers and patients at a time when the field of women's mental health is quickly evolving. One of the primary goals of the Center is to empower patients with information to make informed decisions about their care.

[Refugee Health Screener – 15 \(RHS-15\) \(https://warsurvivors.org/other-resources/\)](https://warsurvivors.org/other-resources/)

The Refugee Health Screener-15 (RHS-15) was designed to be short (15 questions) with neutral language that does not directly address violence, torture, or trauma. The RHS-15 was empirically developed to be a valid, efficient and effective screener for common mental disorders in refugees. The RHS-15 has been integrated into standard physical health screenings for newly arrived refugees in many states across the United States and has been used internationally for supporting asylum seekers.

English:

[Refugee Health Screener – 15 \(RHS-15\) \(https://www.refugeehealthta.org/wp-content/uploads/2012/09/RHS15_Packet_PathwaysToWellness-1.pdf\)](https://www.refugeehealthta.org/wp-content/uploads/2012/09/RHS15_Packet_PathwaysToWellness-1.pdf)

Dari:

[Refugee Health Screener-15 \(RHS-15\) Dari Version \(https://www.uppdragpsyiskhalsa.se/verktyg/rhs-refugee-health-screener/?ladda_ned_verktyg=732397c8447ac62af71e0ccaba68a23c.pdf&namn=RHS-15%20Dari%20version.pdf\)](https://www.uppdragpsyiskhalsa.se/verktyg/rhs-refugee-health-screener/?ladda_ned_verktyg=732397c8447ac62af71e0ccaba68a23c.pdf&namn=RHS-15%20Dari%20version.pdf)

Pashto:

Available by request from the [War Survivors Institute \(https://warsurvivors.org/other-resources/\)](https://warsurvivors.org/other-resources/)

[The Afghan Symptom Checklist: A Culturally Grounded Approach to Mental Health Assessment in a Conflict Zone](https://www.researchgate.net/publication/6591065_The_Afghan_Symptom_Checklist_A_Culturally_Grounded_Approach_to_Mental_Health_Assessment_in_a_Conflict_Zone)

[\(https://www.researchgate.net/publication/6591065_The_Afghan_Symptom_Checklist_A_Culturally_Grounded_Approach_to_Mental_Health_Assessment_in_a_Conflict_Zone\)](https://www.researchgate.net/publication/6591065_The_Afghan_Symptom_Checklist_A_Culturally_Grounded_Approach_to_Mental_Health_Assessment_in_a_Conflict_Zone)

This article describes a methodology for developing culturally grounded assessment measures in conflict and post-conflict situations. A mixed-method design was used in Kabul, Afghanistan, to identify local indicators of distress and develop the 22-item Afghan Symptom Checklist (ASCL). The ASCL contains several indigenous items and items familiar to Western mental health professionals.

Center of Excellence Webinar about the Afghan Symptom Checklist with its developer, Kenneth Miller:

[Afghan Humanitarian Arrivals: Post resettlement stressors, coping strategies, and the Afghan Symptom Checklist \(https://www.youtube.com/watch?v=SLz6AfUL-w\)](https://www.youtube.com/watch?v=SLz6AfUL-w)

[Cultural Formulation Interview \(https://www.psychiatry.org/FileLibrary/Psychiatrists/Practice/DSM/APA_DSM5_Cultural-Formulation-Interview.pdf\)](https://www.psychiatry.org/FileLibrary/Psychiatrists/Practice/DSM/APA_DSM5_Cultural-Formulation-Interview.pdf)

The American Psychiatric Association (APA) and the DSM-5 Cross-Cultural Issues Subgroup (DCCIS) came together to produce and disseminate the Cultural Formulation Interview (CFI). This evidence-based tool is composed of a series of questionnaires that assist clinicians in making person-centered cultural assessments to inform diagnosis and treatment planning.

[Cultural Formulation Interview Supplementary Module 11](https://www.psychiatry.org/getmedia/aca8f5a2-9b1b-456c-a3b7-f7f852edcf7c/APA-DSM5TR-CulturalFormulationInterviewSupplementaryModules.pdf)
(<https://www.psychiatry.org/getmedia/aca8f5a2-9b1b-456c-a3b7-f7f852edcf7c/APA-DSM5TR-CulturalFormulationInterviewSupplementaryModules.pdf>)

These modules supplement the core Cultural Formulation Interview and can help clinicians conduct a more comprehensive cultural assessment. The first eight supplementary modules explore the domains of the core CFI in greater depth. The next three modules focus on populations with specific needs, such as children and adolescents, older adults, and immigrants and refugees. The last module explores the experiences and views of individuals who perform caregiving functions, in order to clarify the nature and cultural context of caregiving and how they affect social support in the immediate environment of the individual receiving care. In addition to these supplementary modules, an Informant version of the core CFI collects collateral information on the CFI domains from family members or caregivers.

[Trauma-Informed Care Implementation Resource Center](https://www.traumainformedcare.chcs.org/)
(<https://www.traumainformedcare.chcs.org/>)

This site curates resources from experts in the field of trauma-informed care across the country and also draws largely from the experiences of health care organizations that participated in Advancing Trauma-Informed Care. On this website you will find:

- Foundational knowledge regarding the impact of trauma on health and trauma-informed care.
 - In-the-field examples illustrating how trauma-informed care can be integrated into health care settings; and
 - Practical strategies and tools for implementing trauma-informed approaches to care.
-

Research Articles

We recommend reviewing the following research articles for a more in-depth review of Afghan women's mental health needs and considerations.

- [Immigrant Afghan women's emotional well-being after birth and use of health services in Melbourne, Australia](https://pubmed.ncbi.nlm.nih.gov/25912509/) (<https://pubmed.ncbi.nlm.nih.gov/25912509/>)
- [Identifying and treating maternal mental health difficulties in Afghanistan: A feasibility study](https://www.researchgate.net/publication/345362328)
(<https://www.researchgate.net/publication/345362328> Identifying and treating maternal mental health difficulties in Afghanistan A feasibility study)
- [Identifying post-traumatic stress disorder in women of refugee background at a public antenatal clinic](https://www.researchgate.net/publication/353718192) (<https://www.researchgate.net/publication/353718192> Identifying post-traumatic stress disorder in women of refugee background at a public antenatal clinic)
- [Understanding mental health from the perception of Middle Eastern refugee women: A critical systematic review](https://www.sciencedirect.com/science/article/pii/S2666560322000706)
(<https://www.sciencedirect.com/science/article/pii/S2666560322000706>)
- ["It's different here" Afghan refugee maternal health experiences in the United States](https://www.researchgate.net/publication/382301345)
(<https://www.researchgate.net/publication/382301345> It's different here Afghan refugee maternal health experiences in the United States)

- [A national survey on depressive and anxiety disorders in Afghanistan: A highly traumatized population](https://www.researchgate.net/publication/352666193)
(<https://www.researchgate.net/publication/352666193> A national survey on depressive and anxiety disorders in Afghanistan A highly traumatized population)
- [Addressing the psychosocial needs of women in Afghanistan](https://www.researchgate.net/publication/262141524)
(<https://www.researchgate.net/publication/262141524> Addressing the Psychosocial Needs of Women in Afghanistan#fullTextFileContent)
- [Recently arrived Afghan refugee parents' perspectives about parenting, education and pediatric medical and mental health care services](https://www.researchgate.net/publication/351281465)
(<https://www.researchgate.net/publication/351281465> Recently-Arrived Afghan Refugee Parents' Perspectives About Parenting Education and Pediatric Medical and Mental Health Care Services)
- [Afghan refugee explanatory models of depression: Exploring core cultural beliefs and gender variations](https://www.researchgate.net/publication/301668036)
(<https://www.researchgate.net/publication/301668036> Afghan Refugee Explanatory Models of Depression Exploring Core Cultural Beliefs and Gender Variations#fullTextFileContent)
- [Prevalence of intimate partner violence and reproductive health outcomes among Afghan refugee women in Iran](https://pubmed.ncbi.nlm.nih.gov/30570439/) (<https://pubmed.ncbi.nlm.nih.gov/30570439/>)

[Family Violence Assessment and Intervention with Newcomer Communities](https://www.youtube.com/watch?v=aXXSkEn6Z9k)

(<https://www.youtube.com/watch?v=aXXSkEn6Z9k>)

This Center of Excellence webinar was originally offered May 7, 2024. The objectives for the webinar were:

- Describe strategies to complete a cross-cultural family violence screening in a health care setting
- Identify safety planning strategies and ethnic community supports

[Family Violence Assessment and Intervention within Newcomer Communities:](https://www.health.state.mn.us/communities/rih/coe/famviolinks.pdf)

[A Companion Resource Sheet](https://www.health.state.mn.us/communities/rih/coe/famviolinks.pdf)

(<https://www.health.state.mn.us/communities/rih/coe/famviolinks.pdf>)
